

## ABSTRACT

A slide rail has a pair of inside rails in which V-grooves having a V shape in cross section are formed in a lengthwise direction in outside faces of the pair of inside rails which have inside faces provided so as to face each other. V-grooves are formed in inside faces of a pair of outside rails provided outside of both the inside rails, and the outside rails are moved relative to the inside rails by spherical bodies provided between both the V-grooves. A stay has ends which are supported on the inside faces of both the inside rails substantially opposing the V-grooves of the inside rails, and the stay is provided with a regulation mechanism for adjusting and maintaining a distance between both the inside rails.